

How to meet 80 Hours of Work/Training

If you get Food Stamps and are an Able-Bodied Adult Without Dependents (ABAWD), here are 3 ways you can meet the 80 hours:

- Show that you are **in school or working** – see attached for information
 - Bring proof to any Family Support Division (FSD) office, **OR**
 - Mail proof to: Family Support Resource Center, 3415 Division Drive, Suite 1, West Plains MO 65775
- Complete the attached **Job Search Log**.
- Agree to **volunteer** in a program that promotes job readiness and builds work experience – fill out this form and bring it to the volunteer agency.
- Get **job and training services** through a Missouri Job Center – see attached for information.

If you have questions or want to learn more, call:

1-855-373-4636

To find office hours and locations:

http://dss.mo.gov/dss_map/

ABAWD Agreement to Volunteer

1. Fill out Section 1 below.
2. Ask the volunteer agency to fill out Section 2.
3. You or the volunteer agency can send the completed form to the FSD as shown in Section 3.

The FSD will randomly contact the Volunteer Agency to verify the below information.

Section 1: For the Food Stamp customer to fill out (please print)

Name: _____ DCN: _____
Phone: (____) _____ DOB: _____
Address: _____

I agree to:

- Call the volunteer agency if I cannot make it to work
- Contact the FSD if I quit the volunteer work or have excused absences

Signature to show you agree and authorize release of information

Date

Section 2: For the volunteer agency to fill out (please print)

Job title of volunteer: _____
Briefly describe the position: _____

Date the volunteer started: _____
Projected hours per month: _____

Volunteer Agency Information

Agency Name: _____ Agency Phone Number: _____
Agency Address: _____
Volunteer Supervisor Name: _____ Supervisor Title: _____

Supervisor Signature

Date

Section 3: Send the completed form to the FSD:

- Scan and email it to: DSS.FSD.Agreements@dss.mo.gov, or
- Mail it to: Family Support Resource Center, 3415 Division Drive, Suite 1, West Plains MO 65775